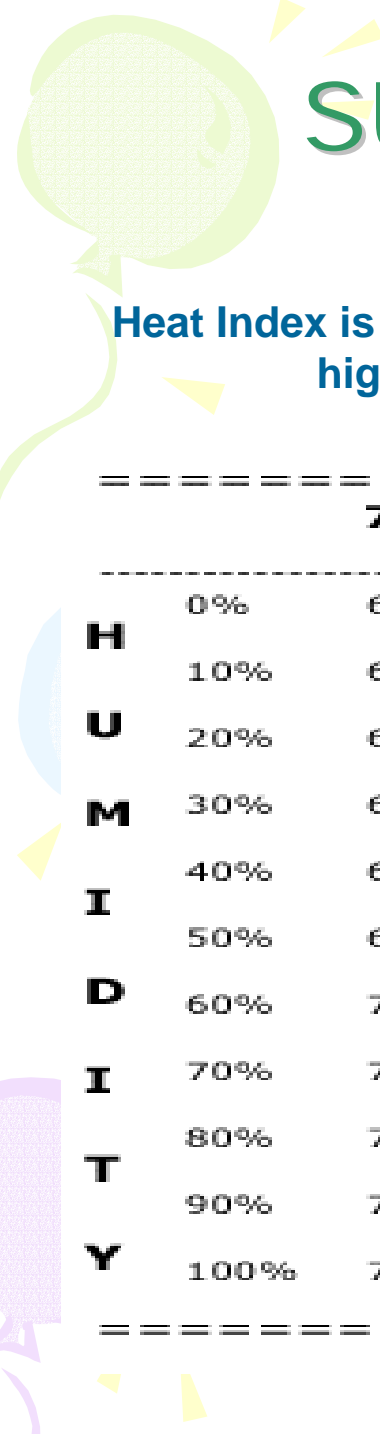


SUMMERTIME IN ALABAMA

*Beating The Heat
Danger! Skin Cancer
Avoiding Bee Stings*

Presented by:
MSFC Occupational Medicine & Environmental Health Services
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Heat Index is high

	=====	7

H	0%	6
	10%	6
U	20%	6
	30%	6
M	40%	6
	50%	6
I	60%	7
	70%	7
D	80%	7
	90%	7
I	100%	7
T		
Y	=====	



SUMMERTIME IN ALABAMA

Beating The Heat

- **HEAT INDEX 90 to 104**
 - Prolonged exposure & physical activity likely to lead to heat exhaustion
 - Poor physical condition, obesity, & sedentary lifestyle increase risk
- **HEAT INDEX 105 to 129**
 - Heat exhaustion possible with prolonged exposure and physical activity, unless good hydration is maintained
 - Hydration is essential, even for those in good physical condition
- **HEAT INDEX 130 Or Higher**
 - Avoid strenuous physical activity – *Beat The Heat!*

HEAT STRESS

Along with sunshine and summer comes the heat and humidity well known to Alabamians. Keep your **COOL** by knowing your body, understanding the signs of heat stress, & practicing prevention.

- Under normal conditions, the body regulates its core temperature to stay at 98.6°F
- Blood vessels in the skin & evaporation of sweat work to eliminate body heat
- Heat stress occurs when normal bodily functions can no longer effectively maintain the core temperature at 98.6°F
- Humidity, high outside temperatures, & heavy physical activity all interfere with normal heat reduction functions, increasing potential for heat stress to occur



SUMMERTIME IN ALABAMA

Beating The Heat

- **HEAT EXHAUSTION**

- When body loses too much fluid trying to maintain 98.6°F core temperature
- **Symptoms:** excessive sweating; thirst; weakness or fatigue; headache; nausea; rapid pulse
- **Actions:** rest in a cool area; drink plenty of water or other fluids; take additional salt only as advised by a medical professional*

- **HEAT STROKE**

- When body loses the ability to cool itself & core temperature rises to danger level
- **Symptoms:** sweating stops; hot, dry, flushed skin; deep, rapid breathing; nausea; headache; confusion; loss of consciousness; convulsions
- ***This is an emergency – seek medical help right away!***
- **Actions:** While waiting for medical treatment, rest in a cool place; remove outer clothing; lower body temperature with cool compresses, water, or ice

***SODIUM LOSS**

- Occurs with sweating
- Even with excessive sweating, loss is usually not severe enough to require sodium replacement
- Muscle cramping is a symptom of excessive sodium loss
- Muscle cramping can become very painful & require medical treatment

SUMMERTIME IN ALABAMA

Beating The Heat

TIPS FOR THE HEATWISE!

- **Wear protective equipment**
 - Hats, sunscreen, sunglasses, & cotton clothing
- **Eat wisely**
 - Avoid hot, heavy meals that divert blood to your digestive system
- **Acclimatize yourself**
 - Gradually increase the time & intensity of work in the heat
- **Break frequently**
 - Rest & cool off, to support body's normal cooling processes
- **Drink periodically**
 - Take water every 15 – 20 minutes, even when not thirsty, to replace body fluids lost to sweat
- **Stay in shape**
 - Conditioned muscles work more efficiently and generate less body heat
 - Extra body weight makes more heat

RECOGNIZE HEAT STRESS RISK FACTORS

- Drinking beverages that contain alcohol or caffeine increases risk
- Certain medications, such as those used to control blood pressure, increase risk
- Some medical conditions, such as diabetes, increase risk



SUMMERTIME IN ALABAMA

Danger! Skin Cancer

WHY IS THE SUN SO BAD FOR MY SKIN?

- Normal skin cells grow, divide, & replace themselves to keep skin healthy
- Sunshine includes ultraviolet A (UVA) rays & ultraviolet B (UVB) rays
- Ultraviolet radiation damages your skin cells
- Cell damage leads to early wrinkles, skin cancer, & other skin problems
- Frequent sun exposure over several years can lead to skin cancer, even if you don't burn
- Severe sunburns represent more serious cell damage

A SUNTAN IS...

The body's desperate attempt to protect itself from the sun's harmful rays!



SUMMERTIME IN ALABAMA

Danger! Skin Cancer

WHAT FACTORS INCREASE RISK OF SKIN CANCER?

- Fair skin
- Red or blond hair
- Light-colored eyes
- Being in the sun a lot as a child
- Sunburning easily
- Having many moles, freckles or birthmarks
- Working or playing outside
- Having had a serious sunburn
- Others in your family having had skin cancer
- Using the sun or a sunlamp to get a tan



SUMMERTIME IN ALABAMA

Danger! Skin Cancer

SHOULD I USE SUNSCREEN?

- Sun protection, most to least effective:
 - Staying out of the sun
 - Wearing proper types of clothing
 - Using sunscreen
- Sunscreen should be used to gain additional protection, but does not totally eliminate exposure hazards
- Use sunscreen that blocks *both* kinds of ultraviolet radiation: UVA & UVB
 - Some sunscreens block only UVB rays
- Use sunscreen with a minimum *Sun Protection Factor* (SPF) of 15
- An SPF 50 sunscreen is only **1-2% more effective** than one with SPF 30
- *Inappropriate use* of sunscreen won't lower skin cancer risk

DON'T DEFEAT THE PURPOSE OF SUNSCREENS...

If the belief that they are protected leads people to stay in the sun longer, and thus increases the total amount of sun exposure they get, *sunscreen use could raise the risk of skin cancer!*

A decorative background on the left side of the slide featuring a large, stylized sun with yellow rays and several balloons in light green, light blue, and light purple. The sun and balloons are partially cut off by the left edge of the frame.

SUMMERTIME IN ALABAMA

Avoiding Bee Stings

- **Bees usually approach sweet scents**
 - Avoid fragrances from hair spray, scented soaps, lotions, oils, etc.
- **Bees are drawn to things that look like flowers**
 - Don't wear brightly colored clothing, particularly floral patterns
- **Bees are very interested in our food and drinks**
 - Use caution in handling food & drinks outdoors
 - Cans of soda are notorious for attracting bees & wasps
 - Great care is also required around trash containers
- **Bees react aggressively when frightened**
 - If one lands on you, don't frighten it
 - Hold still
 - Try blowing gently on the bee or wasp
- **Bees react violently when threatened**
 - Avoid stepping on them, & always wear shoes
 - Wear a hat to reduce likeness to furry animals that steal bee honey, & avoid bee instinct to gear up for attack & defense